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# RCC TIMES

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Volume 1 Issue 2

Week of November 18, 1996

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## STUDENT VOICES

### The 32nd National Conference on Student Service

On November 23 - November 26, 1996 at the Westin Hotel Copley Place, Boston will host the 32nd National Conference on Student Services.

This conference with its antenna reaching into the heart of college campus across the nation, provides speakers, workshop and symposia of exceptional expertise to massage the issues and revive the spirit.

The conference will offer 44 workshops. Some of the topics are: **Making Student Government Work, Dealing with Difference, Advising and Leading Student Organizations of Color.** Members of RCC Student Government Association will be in attendance at the conference. Look for an update in the next edition of The RCC Times.



Published by The Office of Student Activities

### RCC November Student Assembly

On Tuesday, November 5th Student Government held its second Student Assembly. Dr. Grace C. Brown, President of Roxbury Community College was the guest speaker. Dr. Brown addressed many of the issues that were published in the Boston Globe. Students were able to speak frankly about issues which concerned them. One of the main issues was academics. Dean Paul Willenbrock was in attendance at the Assembly. He has offered to meet with the students at the next Student Assembly on Tuesday, December 3rd to further discuss these issues.

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E. Clark-Donald



## Black & Latino Male Members of the RCC Community

Roxbury Community College will host a Black/Latino Male Focus Group for Black & Latino Male students on Friday, November 22, 3:00 p.m. - 6:00 p.m. and Saturday, November 23, 12:00 p.m. - 3:00 p.m. at the Reggie Lewis Track Rm. 218.

The purpose of the Focus Group will be to examine factors that contribute to the under-representation and high rate of attrition among Black & Latino males. To provide an opportunity for Black and Latino males to share their experience at RCC. To gain insight into factors that contribute to student's making the decision to attend RCC and to gain insight into strategies that might be employed to increase the enrollment and retention of Black and Latino students at the College

## Deadline

The deadline to submit articles for the next edition of the RCC Times is December 3rd

## TLC Inf.

Students,

Do you want to get more done during the day?

Do you study a lot, but just don't seem to accomplish much?

Do you get nervous and panic at mere mention of the words **final exam**?

If you answered YES to any of these questions, then come to The Learning Center for a TLC Workshop.

### Time Management Workshop

Learn to use your time management, recognizing and fighting time robbers and tips for successful time management. You must commit to attend both parts of workshop as scheduled.

Place: TLC, Room 207 Academic Bldg.

Dates: November 19, 1996, & November 26, 1996

Time: 11:30-12:45

### Study Skills Workshop

This one hour workshop will outline the basic principles of good study habits. We will discuss study methods that have been proven effective for college students such as S.O.A.R. and SQ3R.

Place: TLC, Room 207 Acad. Bldg.

Date: November 21, 1996 Time: 11:30-12:45

Date: December 4, 1996

Time: 5:00-6:00 PM

## RCC TIMES

### Test -Taking Strategies

Failing to plan is planning to fail! Learn to plan for upcoming exams and develop test taking strategies by participating in this one hour workshop. The workshop will present a variety of test-taking strategies such as budgeting your time, recognizing key words, pre-exam stress management techniques and how to anticipate and prepare for a variety of test questions.

Place: TLC, Room 207, Acad. Bldg.

Date: December 3, 1996 Time: 11:30-12:45

Date December 3, 1996 Time: 5:00-6:00 PM

Please sign-up in advance for all workshops, just ask for the workshop sign-up sheet at the front desk of the TLC Workshops are free to RCC students

## The Learning Center Hours:

**Monday-Thursday**  
8:30 am - 8:00 p.m.

**Friday**  
8:30 am - 3:00 p.m.

**Saturday**  
8:30 am- 3:00 p.m.





## Dr. Brown's Address at the Student Assembly

Dr. Brown spoke about Quality Education for colored students. She emphasized team work amongst faculty, staff and students. She commented that the last 23 years has been very rocky for this institution, however many great African-American Leaders have graduated from this school. For political reasons RCC ends up in the forefront. One student raised the issue about the \$2.2 mil., the notion that majors were not declared by Russian students was also discussed. Our registration form mandates that a major be declared. In many instances during registration when majors were failed to be declared, students were asked to complete that section before the registration can be completed.

Admission of Russian students to this school like any other students is not based on race, age or color. Pell Grants are given if they qualify like any other college. Nothing was done out of the ordinary, yet still the innuendo was that the President took the \$2.2 mil. ostentatiously.

In her closing remarks Dr. Brown emphasized, "we have to stand together in a united front when all the challenges are over, contribute to the quality of the Student Government Association, participate and take your education seriously. Take advantage of your classroom teaching as if your life

depended on it because the quality of your life does depend on it."

Antoinette Chabical

## Save The Dates

**Thursday, November 21**  
20th Anniversary of the Great American Smokeout

**Thursday, November 21**  
RCC Men's Basketball vs New Hampshire Tech. 7:00 p.m. away game

**Friday, November 22, and Saturday, November 23**  
Black & Latino Male Focus Group  
Reggie Lewis Track Center Rm 218

**Monday, November 25**  
RCC Men's Basketball vs U. Conn Avery PT. 7:00 p.m. home game  
Reggie Lewis Track

**Wednesday, November 27**  
RCC Men's Basketball vs Quinsigamond Community College  
6:00 p.m. home game Reggie Lewis Track

**Saturday, November 30**  
RCC Men's Basketball vs Northern Essex 3:00 p.m. away game

## Advanced Placement for LPNs

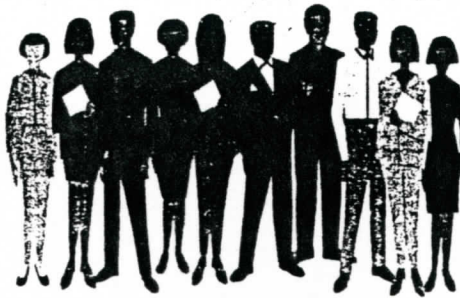
Are you a Licensed Practical Nurse who would like to become a Registered Nurse? Come and continue your education at Roxbury Community College's Registered Nursing Program! Contact the Division of Nursing Education (617) 541-5313





# The Great American Smokeout at Roxbury Community College

■ Thursday, November 21, 1996



## WHAT'S THE KEY TO QUITTING SMOKING?

Kicking the habit can be tough, especially if you've smoked for years. The Great American Smokeout is a good time to try to quit.

After you make it through the 24 hours of Smokeout, set a goal of not smoking for two weeks. *Most people give up during the first two weeks because they are the hardest.* After that, you'll know you can live without cigarettes—if you take it one day at a time.

Anytime you need help, please give us a call. We have free information on quitting, and we'll support you all the way.

## A FEW QUIT TIPS

- *Get rid of your cigarettes, ashtrays, lighters, and matches.* You won't need them anymore.
- *Change your smoking routine.* Leave the dinner table right away; don't sit in your "smoking chair"; avoid the smoking areas at work.
- *Drink lots of liquids, except coffee and alcohol.* They can trigger the desire to smoke.
- *When the urge hits, take a deep breath, hold it, and slowly release it.* The urge will pass.



# G R E A T AMERICAN smokeout

The Third Thursday of November  
For Information on Quitting, Call: 1-800-ACS-2345





## ¿CUAL ES LA CLAVE PARA DEJAR DE FUMAR?

Dejar el hábito de fumar puede ser duro, sobre todo si Ud. ha fumado durante varios años. El Gran Día de No Fumar en los Estados Unidos es un buen momento para intentarlo.

Una vez que haya logrado no fumar por 24 horas, propóngase la meta de no fumar por dos semanas. *La mayoría de las personas vuelven a fumar durante esas dos semanas, puesto que son las más difíciles.* Después de ese periodo, Ud. se dará cuenta de que puede vivir sin cigarrillos—siempre y cuando lo intente un día a la vez.

Por favor, no deje de llamarnos en cualquier momento que necesite ayuda. Gratuitamente ofrecemos información sobre cómo dejar de fumar, y le daremos nuestro apoyo a cada paso de su intento.

## ALGUNOS CONSEJOS PARA DEJAR DE FUMAR

- *Desbárgase de todos sus cigarrillos, ceniceros, encendedores y fósforos.* No los necesitará más.
- *Cambie la rutina de su hábito de fumar.* Levántese enseguida de la mesa después de comer; no se siente en su "butaca de fumar"; evite las áreas para fumar en su trabajo.
- *Tome una buena cantidad de líquidos, excepto café y bebidas alcohólicas,* ya que éstos provocan el deseo de fumar.
- *Cuando sienta un fuerte deseo de fumar, respire hondo, aguante la respiración y vaya soltándola lentamente.* Se le pasarán los deseos.



**G R E A T AMERICAN  
smokeout**

El Tercer Jueves de Noviembre  
Para Mas Información, Llame: 1-800-ACS-2345

90-2.5M-Rev. 8/92-No. 5671



## **Job Opportunities**

**CAPS has many employment listings for part-time and full-time positions.**

**Stop by Room 4-311 in the Student Center and check out the Job Opportunity Bulletin Board.**

**A sample of positions include:**

- **Data Entry Assistant**
- **Teacher Assistant**
- **Direct Care Staff**
- **Van Driver**
- **Retail Sales**
- **Office Support**
- **Accounting Assistant**
- **Customer Service**

**...and many more! Questions?**

**Call Mark Garth, Career Placement Counselor, ext. 5011.**





# Scholarship Workshop

**November 21, 1996  
Thursday, 11:30 - 12:45**

**Student Center Cafeteria**

**Are you graduating in May,  
1997?**

**Do you plan to transfer?**

**If you answered yes to these two questions,  
this workshop is for you!!!**





# ATHLETICS

## R.C.C. MEN'S BASKETBALL TEAM

1996-97



NAME	NUMBER #	HEIGHT	HOME TOWN	YEAR
Maurice Coakley	# 0	6'0	Dorchester, Mass	Fr.
Brent Henry	# 2	6'1	Roxbury, Mass	So.
Alex Monteiro	# 3	5'5	Dorchester, Mass	So.
*Ricky Lambright	# 5	6'0	Roxbury, Mass	So.
Cesar Martinez	#11	6'0	Honduras	So.
Leroy James	#12	5'10	Mattapan, Mass	Fr.
Ian Jarvis	#13	6'1	Barbados	Fr.
Dunstan Dubique	#14	6'3	Hyde Park, Mass	Fr.
Remi Furblur	#30	6'2	Boston, Mass	Fr.
Bonae Swain -Price	#31	6'0	Roxbury, Mass	Fr.
Eric Storer	#32	6'4	Boston, Mass	Fr.
Hosea Langham	#33	6'2	Mattapan, Mass	Fr.
*Darryl George	#34	6'3	Brooklyn, N.Y.	So.
Sam Soltau	#35	6'0	Hartford, Conn.	Fr.

### \* CAPTAINS

HEAD COACH	MALCOLM C. WYNN
ASST. COACH	JAMIL HOLLOWAY
ASST. COACH	JOHN JACKSON
ATHLETIC DIRECTOR	JOHN THOMAS
TEAM NAME	"TIGERS"
TEAM COLORS	BLACK/WHITE/ORANGE

### \*\*\*\*\*cheerleaders\*\*\*\*\*

KIMBERLY FREEMAN	ERICA McALLISTER
MICHELLE COKONOUGH	DONNA CAMERON
JUNE JULIAN	CARMEN FIGUEORA

COACH	LANCE BEMBURY
ASST.COACH	JESSICA GONZALEZ







What is love?

How do you love a black man?

What happen when love never return?

My heart feel like a torrent in a small jar.

O' dear love you are my shining star.

How can I go on ?

What did I do wrong?

Perhaps you did not love me at all.

Only time will stand tall.

If I am not the one for you, tell me.

Shine a light on these clouds so I can see.

What if we never meet again?

O' well good bye my friend.

To my college survival friend of 1993!





Happy Thanksgiving

From the Office of  
Student Activities

